

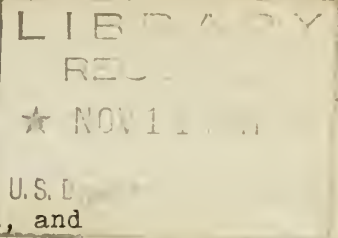
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Dried Fruits in Low-Cost Meals

Nov. 4, 1941

A broadcast by Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, November 4, 1941, in the Department of Agriculture period of the National Farm and Home Hour, over stations associated with the NBC Blue Network.

--ooOoo--

WALLACE KADDERLY:

And now Ruth Van Deman to continue from another angle the story on some of these foods distributed through the stamp plan. Mr. Hendrickson's told us about some of the broad policies underlying the buying and selling of these foods. Miss Van Deman's going to take over the food value angle, and the low-cost-meal angle.

RUTH VAN DEMAN;

And, I hope, the good-to-eat angle.

KADDERLY:

You always seem to put that in - that good-to-eat angle - whenever you talk about food. I think it must be part of your plan to lead us subtly to good nutrition. You make us so hungry we want to go out and eat every vitamin in sight.

VAN DEMAN:

Certainly that's part of the plan. But I didn't know I was being subtle about it. And it's a plan that antedates me by a good many centuries.

"Now good digestion wait on appetite and health on both." Remember?

KADDERLY:

Are you quoting Shakespeare perhaps?

VAN DEMAN:

I'll leave that for you to guess. Anyway I'm quite sure nobody told Mr. Shakespeare that vitamin B<sub>1</sub> is the appetite vitamin.

But I can see that Mr. Hendrickson here is wondering just which of the blue stamp foods are on our schedule today. Maybe you'd like to hand him the answer - 8 pages of answer.

KADDERLY:

May I look at this first?

VAN DEMAN:

Here are two copies. You can pass one and keep one.

KADDERLY:

"Dried Fruits in Low Cost Meals." - - This a new folder?

VAN DEMAN:

Brand new, yes. Never before mentioned on the Farm and Home Hour.

(Over)

It's one of the series of leaflets we're getting out in cooperation with the Surplus Marketing Administration.

Our food people out in the Beltsville laboratories take these simple everyday foods and study ways to use them that conserve food values and make them fit into different meals in different ways.

KADDERLY:

Apply their food science and their cooking art.

VAN DEMAN:

That's it.

KADDERLY:

Well, they've worked miracles, I'd say, with the humble prune and the dried peach. They have dozens of ways suggested here to use these dried fruits.

VAN DEMAN:

Just 2 dozen even I think.

KADDERLY:

Here's dried fruits in sauce ... dried fruits in hot cereal ... dried fruit mush ... dried fruit and cereal pudding ... hot dried fruit sandwich ... What would that be, I wonder.

VAN DEMAN:

Something very good for supper or lunch, or breakfast even. And very easy to fix. Use the cooked fruit, chopped and with the juice drained off, as a filling between slices of bread. Then dip the sandwiches quickly into an egg-and-milk mixture as though you were going to make French toast. Then brown the sandwiches in melted fat in a moderately hot skillet - brown them on both sides to a beautiful golden brown, and serve them at once.

KADDERLY:

There you go -- making it sound so very, very good-to-eat - and lunch still a long way off.

VAN DEMAN:

Well, it's nothing complicated - just cooked dried fruit, and bread, and one or two other things, plus a dash of imagination.

KADDERLY:

There's more than a dash of imagination in these recipes I see here for using dried fruit with meat. These dried fruit stuffings to go with beef or veal, or pork chops, or fowl -- they make very good reading.

VAN DEMAN:

There again it's just bread - crumbs this time and dried fruit, merely washed and chopped and the two mixed with seasonings. A savory stuffing like that does make the meat go farther. And the dried fruit adds something the meat doesn't have - in both flavor and food value.

Take prunes, for instance. As you know they're rich in iron.

KADDERLY:

Not more than some of the others, are they?

VAN DEMAN:

No, I was just using them as an example and they happen to be on the blue stamp plan now. The suggestion there for braising them with liver would make a particularly iron-rich combination.

KADDERLY:

I see you have ways here of fixing dried fruits with eggs and cheese too - cottage cheese particularly - and with vegetables.

VAN DEMAN:

Yes, the dried fruit scalloped with sweet potatoes is one of the best, I think. Then there are many ways of putting dried fruits into bread, and cake, and candy. Raisin bread made either as a yeast bread or a quick bread - is always a favorite. And raisins, by the way, are on the blue stamp list now also.

KADDERLY:

This recipe for dried fruit candy is simple enough even for a non-cook like me.

"Grind one or several kinds of dried fruit. Add peanut butter or finely chopped nuts. Form into balls and roll in sugar."

VAN DEMAN:

And one of the best of all possible ways to give children their sweets. All the natural sugar in the fruit is there, plus the iron and other minerals.

But I'm not so sure about your being a non-cook. I think maybe that's just a front you put up.

KADDERLY:

Oh no it isn't.

VAN DEMAN:

Well, you'll never find anything easier to practice on than dried fruits.

KADDERLY:

What's the latest theory about soaking dried fruits - Is it to soak or not to soak? And if so, how long?

VAN DEMAN:

That depends on the fruit. If it seems very dry, it needs longer soaking, naturally, than if it's more moist. But whichever, the recommendations are for short soaking - and slow cooking.

KADDERLY:

Well, thank you very much, Ruth, for adding this chapter on the good to eat, how-to-use angle of some of these foods available through the blue stamp plan.



And I think very likely some of our listeners who will be buying dried fruits in the usual way will like to have a copy of this leaflet. Is it all right for them to send to the Bureau of Home Economics for it?

VAN DEMAN:

Yes, if they just bear with us patiently if we don't get it mailed at once. The fact of the matter is our mail room is completely swamped with the requests for "Mrs. America Volunteers" - the issue of the Consumers' Guide we spoke about last Tuesday. So we've got to dig out from under on that before we can start handling requests for this leaflet on "Dried Fruits in Low Cost Meals."

KADDERLY:

Ad lib. (Request by post card).

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